



LEARN TO TRAIN (stage 3) : 9-10 yrs old

START #: \_\_\_\_\_

ATHLETE NAME: \_\_\_\_\_ AGE/YR: \_\_\_\_\_

Circle the deductions/ score for each category. Points possible are noted for each event

**LAND SKILLS (69 pts possible) - TOTAL SCORE**

**1 BACK LAYOUT ON TWO FOAM ROLLERS**

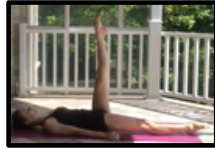
- Head (specifically ears), hips and ankles in horizontal line 1 0
- Body extended with neutral spine; abdominals and glutes are engaged 1 0
- Legs together and in full extension 1 0
- Total out of 3 :**



**2 BALLET LEG ON LAND**

**Right ballet leg**

- Head, shoulders, horizontal leg are in contact with the floor 1 0
- Vertical thigh (ballet leg) maintain 90° with the horizontal line 1 0
- Both knees and both ankles are fully extended as per Canadian standard 1 0
- Total out of 3 :**



**Left ballet leg**

- Head, shoulders, horizontal leg are in contact with the floor 1 0
- Vertical thigh (ballet leg) maintain 90° with the horizontal line 1 0
- Both knees and both ankles are fully extended as per Canadian standard 1 0
- Total out of 3 :**

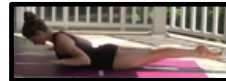
**3 BACK BEND or BRIDGE**

- Legs in full extension and together 1 0
- SSO will not require back bend data submission
- Head with shoulder in vertical alignment 1 0
- Upper arm in 12 o'clock position 1 0
- Hold for 2 full counts of 8 1 0
- Total out of 4 :**



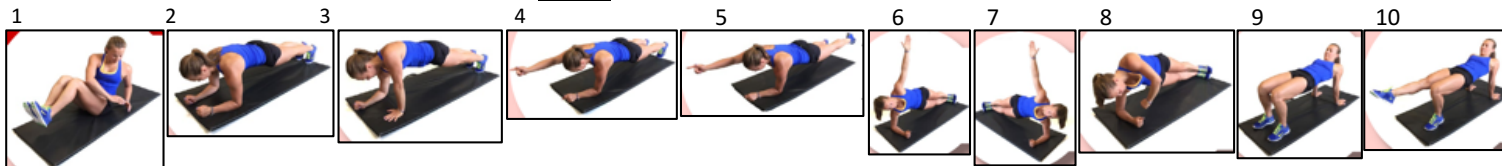
**4 FRONT LAYOUT ON LAND**

- "Canoe" position achieved with lengthened lumbar spine 1 0
- Neutral cervical spine (no chin poking out) 1 0
- Legs and feet together and extended as per Canadian standard 1 0
- Total out of 3 :**



**9 CORE ROUTINE: complete Level 1 - 20sec each exercise with no rest**

- 1 - Sky-Centre-Side-Centre (slow pace) for 20 sec 1 0
- 2 - Front Plank for 20 sec 1 0
- 3 - UP-UP-DOWN-DOWN (slow pace) for 20 sec 1 0
- 4 - Pointers (slow pace) for 20 sec 1 0
- 5 - Superman for 20 sec 1 0
- 6 - Side Plank Right for 20 sec 1 0
- 7 - Side Plank Left for 20 sec 1 0
- 8 - Side Planks Rollovers for 20 sec 1 0
- 9 - Table Top for 20 sec 1 0
- 10 - Table Top Russian Kicks (slow pace) for 20 sec 1 0
- Total out of 10 :**



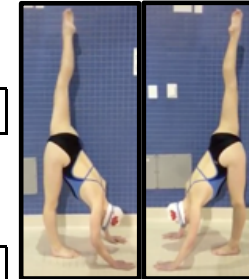
**5 PRONE SHOULDER HYPER FLEXION WITH DOWEL**

- > 60 cm Stick to floor 5
- 50 cm - 59 cm 4
- 40 cm - 49 cm 3
- 30 cm - 39 cm 2
- 20 cm - 29 cm 1
- <19 cm 0
- Total out of 5 :**



**6 NEEDLE - RIGHT**

- Left Leg is at 12 o'clock 4 0
- Right leg is at 6 o'clock 1 0
- Both knees and top ankle are fully extended as per Canadian standard 1 0
- Hold for 2 full counts of 8 1 0
- Total out of 7 :**



**NEEDLE - LEFT**

- Right Leg is at 12 o'clock 4 0
- Left leg is at 6 o'clock 1 0
- Both knees and top ankle are fully extended as per Canadian standard 1 0
- Hold for 2 full counts of 8 1 0
- Total out of 7 :**

**7 STANDING BACK PIKE POSITION (Barracuda set-up)**

- Legs together 1 0
- Knees fully extended as per Canadian standard 1 0
- Stomach, chest and face touching legs 1 0
- Total out of 3 :**



**8 ARIANA ROTATION**

- |   | L  | C  | R  |
|---|--|--|--|
| Vertical alignment of ears, shoulders and torso             | 1 0  | 1 0  | 1 0  |
| Hips and shoulders square                                   | 1 0  | 1 0  | 1 0  |
| Extension of both knees and ankles as per Canadian standard | 1 0  | 1 0  | 1 0  |
| Complete FLAT split   | 4 0  | 4 0  | 4 0  |
| <b>Total out of 7 (for each split) :</b>                    | <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> | <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> | <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> |



**12.5 m FRONT FLUTTER**

Timer 1= \_\_\_\_\_

Timer 2 = \_\_\_\_\_

Average time = \_\_\_\_\_

**12.5m PROPELLOR**

Timer 1= \_\_\_\_\_

Timer 2 = \_\_\_\_\_

Average time = \_\_\_\_\_

**Checklist for coaches to use in training**

Flat sculling motion used with wrists bent well back 1 0

Upper arms stationary 1 0

Elbows are held at 45deg in "Y" position 1 0

**Extension**

toes, knees, hips in full extension 1 0

shoulders full flexion 1 0

legs stay together (side by side) for entire 12.5m 1 0

**Height**

dorsum of foot stay dry (at the surface) for entire 12.5m 1 0

face stays dry (at the surface) for entire 12.5m 1 0

anterior hips stay dry for entire 12.5m 1 0